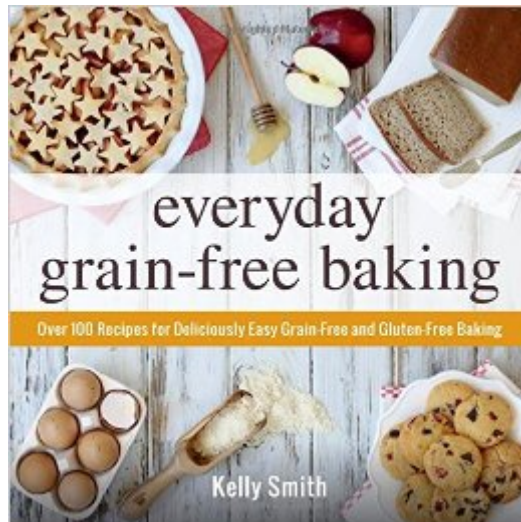


The book was found

Everyday Grain-Free Baking: Over 100 Recipes For Deliciously Easy Grain-Free And Gluten-Free Baking



Synopsis

Tasty, easy-to-make recipes for grain-free, dairy-free baking! Cinnamon Swirl Bread. Fruit and Nut Snack Bars. Deep Dish Apple Pie. With *Everyday Grain-Free Baking*, you can finally enjoy the baked goods that you've been missing! In this beautiful, easy-to-use cookbook, Whether you're grain-free or gluten-free, author and creator of The Nourishing Home blog Kelly Smith shows you how to create grain-free, dairy-free versions of all your favorite baked goods that are compatible with the most common grain-free diets. From breads, biscuits and muffins to savory snacks and decadent treats, you'll find step-by-step instructions for more than 100 delicious, grain-free and dairy-free recipes, including: Easy Everyday Bread Southern Style Biscuits Fluffy Almond Flour Pancakes Simple Garden Herb Crackers Blueberry Lemon Scones Raspberry Crumble Bars Strawberry Vanilla Custard Cake Don't give up the bakery staples you love--with these flavorful recipes, you can make delicious grain-free, dairy-free baked goods that your whole family will enjoy whether or not everyone is living a grain-free lifestyle!

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Customer Reviews

This is the best grain-free cookbook! My son has Crohn's Disease and we changed his health with a grain-free/SCD diet. Since his diagnosis and healing from being malnourished and under weight I have been researching and buying every cookbook that would help me feed him well! I have bought and returned several of these cookbooks, but when I found this cookbook I was excited. I was ready to give up on the expensive ingredient baking recipes I had tired and most of which failed to be enjoyed by my family. Every recipe in the book has been fabulous and the whole family wants to eat

these baked goods. I think the Snickerdoodles are the favorite thus far! I am so thankful to FINALLY have found a cookbook that makes baking grain-free simple while tasting fantastic.

Just received my new book. Looks beautiful. The pictures are great and there are many of them. All the ingredients are pretty simple and practical. Just cannot decide which recipe to try first. Thank you kelly.update:Have now tried the fudgy brownies (I made mini brownies and got more than stated, I also overcooked them a bit so they were not as fudgy, but they were delicious) and banana bread (added choc. chips and pecans to one loaf). All I can say is WOW! These recipes are dead on and delicious. We are dairy free so I made substitutions accordingly and was not let down. I am excited to try the other recipes. No one would ever know these are grain free, dairy free (in my case) and low in sugar. Will highly recommend.The only drawback for some people might be that most of these recipes use almond flour(which can be a bit pricey), but when you have grain free perfection like this, that is not a drawback. I get tired of all the gluten free recipes that need several different flours and then they crumble to pieces.

This has a lot of good recipes for people who are eating completely grain-free; however, many recipes call for honey. So if you are also sugar-free, you'll need to substitute. Most of the bread recipes have at least a cup of raw cashew butter, which is sort of like her secret ingredient for making these breads more like regular bread. The only problem is that 8 oz of raw cashew butter is \$18 at Whole Foods, so that quite an expensive loaf of bread!

"Everday Grain-Free Baking" is one cookbook that you will definitely want to have on-hand when you want to make some healthy, delicious baked goods! Kelly not only has delicious recipes displayed throughout the cookbook, but she tells her personal story about how she overcame two chronic autoimmune disorders, & how incorporating nutrient-dense, grain-free foods into her diet made a positive impact on her health. She is a testimony that the foods we consume can positively affect our health & well-being! As the saying goes, "We are what we eat!"Due to Kelly's dietary restrictions, she did not want to completely eliminate the delicious foods she grew to love throughout her life, but desired to create healthier versions that she & her family could enjoy!In addition to giving us a little glimpse into her lifestyle, there is a section of the cookbook where Kelly explains the ingredients she uses & why (i.e., Blanched Almond Flour, Coconut Flour, Coconut Butter, Grass-Fed Butter, Unflavored Gelatin, etc.), & also included is a list of "Helpful Baking Tools". And last but not least, Kelly gives "Strategies For Maximizing Your Success", so you can have the tools

to making deliciously, tasty baked goods :)I am looking forward to baking the following recipes: Simple Garden Herb Crackers; Strawberry Shortcake Muffins; Banana Pancake Buddies; Double Chocolate Cream Pie; Lemonade Sunshine Cake; etc.In conclusion, this cookbook will definitely keep your sweet tooth happy without the harmful ingredients that can be potentially detrimental to your health! And while you are at it, make some happy memories in your kitchen with your family that can be passed down from generation to generation :)

I am so happy that Kelly published this cookbook! I am dealing with Hashimoto's disease and Interstitial Cystitis - both autoimmune conditions that can (hopefully) be helped by going grain free. I am also a mother with two young children and a husband who loves to eat. It's wonderful that I can use these recipes to cook food that my family loves and still help myself to heal. I am very grateful to have Everyday Grain-Free Baking to help me reach my goals. We made the dinner rolls recipe the other night and I had not one word of complaint from my family! My oldest son has even been enjoying the leftover rolls with his lunch this week. Don't hesitate to add this cookbook to your collection. It will be well worth it.

I was really excited about this cookbook and I was not let down. I have been dairy/gluten free for almost two years and now grain free for a couple of months. This cookbook has plenty of recipes to create baked goods that I can enjoy again. I already made the waffles and they were absolutely perfect. There are plenty of pictures and great substitutions offered for different dietary needs. Thank you Kelly smith!!!

I love this cookbook, There are too many wonderful recipes in here to list that I can't wait to make. Lemon Scones? To die for! And the Cheddar Cheese Crackers are out of this world. Can't wait to try the Cinnamon Swirl Bread and the Pizza crust. I don't do flour or sugar and it's hard to find "good" recipes to use. Many I have tried that I've gotten off the net just are not worth the cost and effort. I'd rather do without. There are a couple good cookbooks out there but this one will stay at the front of my cookbooks because it will be a "go to" book! THANK YOU FOR THIS BOOK KELLY!! I do have one desire though...that's for cookbook authors to put the nutritional values on each recipe. I keep telling myself I will not buy another cookbook without this feature but few cookbooks can you see the actual recipe prior to purchase...SO can we do anything about this in the sample of each cookbook? Add at least one recipe to show ingredients and if it has nutritional value. But I am glad I got this book.

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